

Ibogaine for mTBI

SERVICES AVAILABLE

- **IBOGAINE TREATMENT**

Safe, monitored and compassionate ibogaine treatments

- **PRE AND POST CARE**

We help you start your ibogaine journey on the right footing with our expert pre care and help you integrate afterwards

- **HOLISTIC THERAPIES**

Yoga, Pranayama, Meditation, Breathwork, Physical exercise, Healthy food

- **ON/OFF SITE COUNSELLING**

Our expert counsellors will hold space and guide you through your processes

- **NAIKAN THERAPY**

Naikan introspection therapy is a wonderful way to get back in touch with yourself

- **IRM**

FREE lifetime membership to the IRM – Ibogaine Recovery Movement online meetings and recovery community

“Once you choose hope, anything’s possible.”

~ Christopher Reeve

Although mTBI (commonly known as concussion) can be hard to spot from the outside, it can change everything on the inside.

Brain fog, headaches, sleep disruption, irritability, sensitivity to light or noise, memory slips, poor concentration, impulsivity, low mood, anxiety, and a shorter fuse can make daily life feel like a constant effort.

It can happen in combat, in sport, in a car accident, at work, or through a fall, and it often affects relationships, confidence, and performance long after the impact.

Early clinical research is beginning to explore ibogaine's potential in this context.

Clients we have treated for mTBI have reported disappearance of brain fog, and significant reductions in depression, trauma related symptoms, alongside improvements in day to day functioning and aspects of cognition such as attention, processing speed, and memory.

At Tabula Rasa Retreat, our process is guided and structured. We begin with careful screening, then support you before and through the experience and help you integrate what emerges, with clear next steps and aftercare to support forward movement.

We can guide you from surviving to thriving, and help move you from overwhelmed to empowered.

